

## 356 Hypoglycemia

<b>Area:</b>	<b>Summary of New Nutrition Risk Criterion: (Implemented Oct. 1, 2013)</b>		
<b>Category, Priority and Referral:</b>		Priority	RD Referral
	Pregnant and breastfeeding women, infants	1	no
	Non-breastfeeding women	6	no
	Children	3	no
<b>Definition:</b>	<p><b>Hypoglycemia is low blood sugar.</b> It is considered a symptom, not a disease.</p> <p>To assign 356, hypoglycemia must have been diagnosed, documented or reported by a physician or someone working directly under a physician's orders.</p>		
<b>Required Documentation:</b>	<p>Documentation in the participant's chart of the source of information (i.e. participant self-report of diagnosis by physician or written documentation by physician).</p> <p><b>Note:</b> the location to document this in WISPr is the <i>Assessment Interview, Health/Medical</i> section, question 2. (in the <i>Describe Concerns</i> text box that appears when staff selects a yes answer)</p>		
<b>Justification:</b>	<p><b>Hypoglycemia can occur –</b></p> <ul style="list-style-type: none"> <li>• As a complication of diabetes</li> <li>• As a condition in itself (reactive hypoglycemia)</li> <li>• In association with other medical disorders</li> <li>• In newborns who are small for gestational age (SGA)</li> <li>• Under certain conditions (i.e. early pregnancy, prolonged fasting, or long periods of exercise)</li> </ul> <p><b>Implications for WIC Services –</b></p> <p>Through participant centered counseling staff can (based on participant concerns/interests):</p> <ul style="list-style-type: none"> <li>• Encourage nutritious frequent feedings to support adequate growth for infants/children</li> <li>• Provide nutrition education to help manage hypoglycemia in women including planning balanced nutritious meals, lower-carbohydrate snacks (i.e. healthy snacks avoiding sweets; exception would be during an insulin reaction), and physical activity</li> <li>• No RD referral required (however if a participant is having repeated low blood sugar concerns, an RD appointment should be offered)</li> </ul>		
<b>Clarification:</b>	<p>Self-reporting of a diagnosis by a medical professional should not be confused with self-diagnosis. A self-reported medical diagnosis ("My doctor says I have...") should prompt staff to validate the presence of the condition by asking more questions related to that diagnosis (i.e. "When were you diagnosed?", "What treatment did your doctor prescribe?", "Is the treatment helping?")</p>		

